



For your dental health.

Flossing

The proper
technique for
flossing

Why do I need to floss?



Most cavities and gum disease begin between the teeth, where bristles of your toothbrush just can't reach. It's vital to your dental health that you floss at least once a day to remove plaque from between your teeth.

The correct technique

Wind about 18 inches around the middle fingers of each hand, leaving about five inches between them. Pinch the floss between your thumbs and index fingers, and gently guide it between your teeth, using a side-to-side motion. Pull it tightly into a C shape around the side of the tooth.



Floss every tooth



Slide the floss along the side of the tooth and down below the gumline. Move the floss up and down several times. Repeat the process for each tooth using a fresh section of floss. If your teeth are too tight or the floss catches or tears, let us know so we can fix these problems.

Still have questions?
Ask us for more information.